



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

September 2011, Vol. 5, No. 9

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### **“Never Get Old”**

Ten years ago I was walking down the street in Manhattan when I noticed one of my college classmates across the street. He was not someone I knew well. We were the same class in college, and I had seen him around campus over the years. On this summer evening, he stood out because he was wearing a new suit. Not many people in my class had found jobs right away after graduation, but he was one of them. I was a little envious, as I had no idea what I was doing next.

I did not think about this classmate again until a few months later when I read his obituary in my college magazine. He had been working in the World Trade Center on September 11th. I was stunned that the twenty-three-year old in the new suit was gone, forever.

You may have your own list of people you have known who died too young: the ones who never came back from the war, did not survive the accident, or were overwhelmed by an illness. In this time of remembering those who lost their lives ten years ago, perhaps it's also a time to embrace our own lives at whatever stage we are fortunate enough to be at. Perhaps it's time to rethink the phrase that is repeated to me so often: never get old.

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## **Senior News**

**Coming of Age: Issues of Aging in the LGBT Community in the 21st Century** Conference is being held Saturday, September 10 at the Mercer County Community College. The Lesbian, Gay, Bisexual, and Transgender (LGBT) is an is a vibrant, resourceful, active and aging population. Issues such as housing options, legal and financial concerns, caregiver support and health care decision-making are matters that deserve special exploration for the LGBT community and their health care providers. Conference costs \$30 per person or \$20 for students and people 60+. Contact Mercer County Office for the Disabled for more information or to register at (609) 989-6468.

**Explorations**, a volunteer organization is offering six courses this fall: Exploring Basic Drawing & Watercolors, Enjoying Shakespeare, Introducing Medieval England, Modern Architecture, Sharing Contemporary Poetry, and The Lewis and Clark Expedition. Please use registration form within this newsletter or visit [www.hvseniors.org](http://www.hvseniors.org) for more information or to register.

**The Homekeeper Program** offers financial help to New Jersey homeowners who are in danger of losing their homes as a direct result of unemployment or underemployment. Eligible homeowners must demonstrate that they were making their mortgage payments up until the time of unemployment or underemployment, and the unemployment or underemployment must have occurred within the 12 months preceding the date of their application. Eligible homeowners may receive up to \$48,000 in assistance for a term of up to 24 months. The assistance may be used to help homeowners make their mortgage payments while they seek work or complete an approved job training program and/or may be used to help with arrearages. For more information, call 1-855-NJ-KEEP-1 or go to [www.NJHomeKeeper.gov](http://www.NJHomeKeeper.gov).

**Hopewell Valley Senior Foundation Fundraiser** at Cream King Ice Cream Shop on Route #31 in Pennington on **Monday, August 29, 2011**. Part of the proceeds and all of the tips will be donated to the Hopewell Valley Senior Foundation.

**Individual Medicare Counseling** is now available Thursday mornings at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Hopewell Township. Do you want information on Part A, Part B, Part D, Medigap, and Advantage Plans? When to enroll?

**Appointment necessary.** Call Peter Madison at 609-577-8361 or email [petermadison@verizon.net](mailto:petermadison@verizon.net).

**Tutoring Volunteers Needed** Wednesday afternoons during the school year at Timberlane Middle School from 3-4pm. Volunteers are needed in the following subjects: math, language arts, social studies, and world languages (Spanish, French, and German). To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltpw.org](mailto:awaugh@hopewelltpw.org).

## Special Events for September 2011

**Health Information: Finding and Evaluating Online Health Resources** Tuesday, September 6, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Join Anna Van Scoyoc for tips on locating, as well as evaluating, online health information at the September session of the Hopewell Valley Seniors Connect No registration required. Contact the library at 737-2610 for more information.

**Sing-A-Long** Wednesday, September 7, 1-2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Do you love the music of Glenn Miller, the Andrews Sisters and Tommy Dorsey? Stop by the senior center for an informal sing-a-long around the piano. No registration required.

**Hopewell Valley Senior Citizens' Picnic** Thursday, September 8, noon-3pm at Sullivan's Grove, Washington Crossing State Park in Titusville. Free food, music, and door prizes. **RSVP by August 31 to HT Rec. Department at 737-3753.** For more details, see *August Senior Spirit*.

**Let's Chat** Friday, September 9, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required. Refreshments will be served.

**Living a Healthy Life with Chronic Conditions** Mondays, September 12, 19, 26, and October 3, 17, and 24, 3-4:30pm. The Chronic Disease Self-Management Program is a community workshop designed to give people with chronic conditions and/or their caregivers the knowledge and skills need to take a more active role in their health. Participants will receive a \$25 gift card to Shop Rite if they complete the course. Register by calling 737-0605, ext. 692 or emailing [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Dutch Apple Dinner Theater** Tuesday, September 13, 9:30am-6pm. Meet at Independence Park. \$75 for Hopewell Township Residents, \$82 for other participants. See "I Love Piano" in Lancaster.. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Scrabble Day** Wednesday, September 14, 1-3pm. All skill levels welcome. Bring a board if you have one. No registration required.

**Adult Caregiver Support and Education Group** Wednesdays, September 14 and 21, and October 5, 12, 19, and 26, 6-7:30pm at the HV Senior Center. Discuss the challenges and rewards of caring for a loved one with professionals from Jewish Family & Children's Service of Greater Mercer County. All area caregivers are welcome. To register, contact JFCS at 987-8100.

**Walk at Howell Living History Farm** Tuesday, September 20 (rain date is 9/22), 10-11:30am at Howell Living History Farm, 70 Wooden's Lane in Hopewell Township (Lambertville Mailing Address). Come enjoy a morning of exercise and exploring this local gem. All are welcome. There will be a slower and moderate paced group. No registration required. Meet outside Visitor's Center. For more information, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Artists' Choice Art Reception** Tuesday, September 20, 4-6pm at MCL. See p. 7 for details.

**Chronic Obstructive Pulmonary Disease** Wednesday, September 21, 10:30-11:30am at the HV Senior Center. Find out more about ways to manage your COPD with Dr. John Harman, Pulmonologist at Capital Health. No registration required. For more info, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Fall Check-Up 2011** Wednesday, September 21, 3-6:30pm at the Hopewell Township Municipal Building, 201 Washington-Crossing-Pennington Rd. in Titusville. Health screenings available. For more information, call 394-4153.

**Author Reading: Coin Street Chronicles** Monday, September 24, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection Series will feature local author, Gwen Southgate whose memoir discusses London during the 1930's and 40's. Refreshments will be served. No registration required.

**FedUp: Fight Fraud and Protect Consumer Rights** Wednesday, September 28, 10:30-11:30am at the HV Senior Center. Margaret Anastos of the Division of Consumer Affairs will review ways to detect fraud and protect your rights. No registration required.

**Movie: The Tempest** Wednesday, September 28, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Featuring Helen Mirren. Free. No registration required. For more information, call the library at 737-2610.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.*

## Ongoing Programs

**Artists' Choice** is back. Tuesday, September 13 and 27, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. Feel free to stop by. For more information call 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Bingo** First Wed. of the month, 10:30-11:30am at the HV Senior Center. No registration required.

**Blood Pressure Screening** First Tuesday of the month, 10-11am at the HV Senior Center. Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market.

**Bridge** Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$4. For more information call (609)737-3753.

**Folding** Meets the third Friday of the month, 1pm at the HV Senior Center, 395 Reading St. in Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call (609)737-0605, ext. 692.

**Healthy Bones** Every Monday at 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120. *The Healthy Bones class at the Hopewell Township building will not meet on 9/5/11.*

**Hopewell Valley Leisure Club** First Tuesday of every month, 11am at St. Alphonsus Church, 54 East Prospect St. in Hopewell Borough. Social club, including activities and speakers for Valley seniors. For more information, please call 466-0657 or 466-0761.

**Hopewell Valley Veterans Association** Meets quarterly at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. A meeting of area veterans and community members to establish and promote cooperation and understanding among veterans and community members. For more information, email [information@hopewellvalleyveterans.org](mailto:information@hopewellvalleyveterans.org).

**Lunch** Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals. Transportation available through TRADE. Call the Mercer County Nutrition Project at 989-6650 for information or the senior center from 9am-1pm at 737-3855 to register. Meals must be reserved three days in advance. Suggested donation.

**Mahjongg** Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692. *No Mahjongg on 9/8 due to Senior Picnic.*

**Senior Advisory Board Meeting** Third Wednesday of the month at 2pm, at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors. The public is encouraged to attend. Refreshments served. For more information call (609)737-0605, ext. 692.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.*

## *Around the Valley*

Hopewell Valley Senior Services and  
the Hopewell Branch of the Mercer County Library Present:



# September Art Show

## The *Artists' Choice* Group

The show will be on display for the month of September at  
The Hopewell Branch of the Mercer County Library  
245 Pennington-Titusville Road, Pennington.

**Meet the Artists: Tuesday, September 20 from 4-6pm.**

*Refreshments sponsored by*

**SENIORS Helping SENIORS® of Mercer County.**

*Free. No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).*



**Save the Date**



**Tuesday, October 11, 6pm**

**Hopewell Valley Quarterly Caregiver Night**

**At the Hopewell Valley Senior Center**

***With Barbara Stender of The Senior Well-Being Project***

**[www.hvseniors.org](http://www.hvseniors.org)**

Hopewell Valley Senior Services  
201 Washington Crossing-Pennington Rd.  
Titusville, NJ 08560

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